

3/13/76

Mr. Sammie Abbott  
1346 Connecticut Ave., NW  
Washington, D.C. 20036

Dear Sammie,

The limitations with which I have to live are the reason I haven't been in for so long.

I can and do travel but I drive little. Only since since I got put of the hospital to Washington. That was the only time since then that I've driven outside the Frederick area. That one time knocked me out because the doctor told me it was OK to do it whereas he should have told me not to let my legs hang down for too long.

A friend in New York had his ~~intox~~ internist look at and talk to me. It was very helpful. From October to mid-January I did not know the basics of adjusting to this.

So, almost always I use the pisspoor bus. It has advantages but the schedule is not good. I have to go to New York tomorrow and will take the bus to Baltimore. But when I return the last bus back is 5:45 p.m. Imagine!

Typing is a little awkward. I have to keep my legs horizontal, which the heels were not made for. But I've worked out most of the problems. I have a pipe pedestal stand instead of a regular typewriter table and don't have to spread-eagle myself. I put it on ball-bearing casters which do not slide as easily. And I found a wooden wine box that with a strip of 4" foam is just the right height for the legs. Every half hour I have to move around a little so the blood won't puddle. No sweat. I even read while walking around in the house.

So, I'm making out. GHA didn't tell me but before they hospitalized me I'd lost the main vein in the left leg and thigh and there is other damage in both legs. Permanent now. Walking is the one exercise.

With the limitations on travel I've not been able to get the 500 envelopes Jerry Smith owes me and I need them. If they are ready I'll get someone to pick them up. But he hasn't told me they are ready yet. If he hasn't printed them yet and has forgotten the size it is 7x10. If he hasn't printed I'd rather pay the difference and get the heavier envelope we used to use. It was a Karolton No.7. The Post Office is murder on packages. Also if he hasn't printed I'd like to put the new route number on, the third we've had without moving. It is 12 now instead of 8.

When I know I can have some students pick them up. I've come to know some fine ones at Md. AU and Georgetown. When I have to make a speech they take me to and from the airport, things like that. I also help them as I can. They visit here and we like that and them.

I may have to spend a few days going over FBI and DJ records beginning the 23rd. I may ~~stay~~ <sup>stay</sup> with Cesar if they do not stonewall. But I'll travel by bus so I won't take them then. However, if there is time, I'll stop over.

Best to you all.

Sincerely,